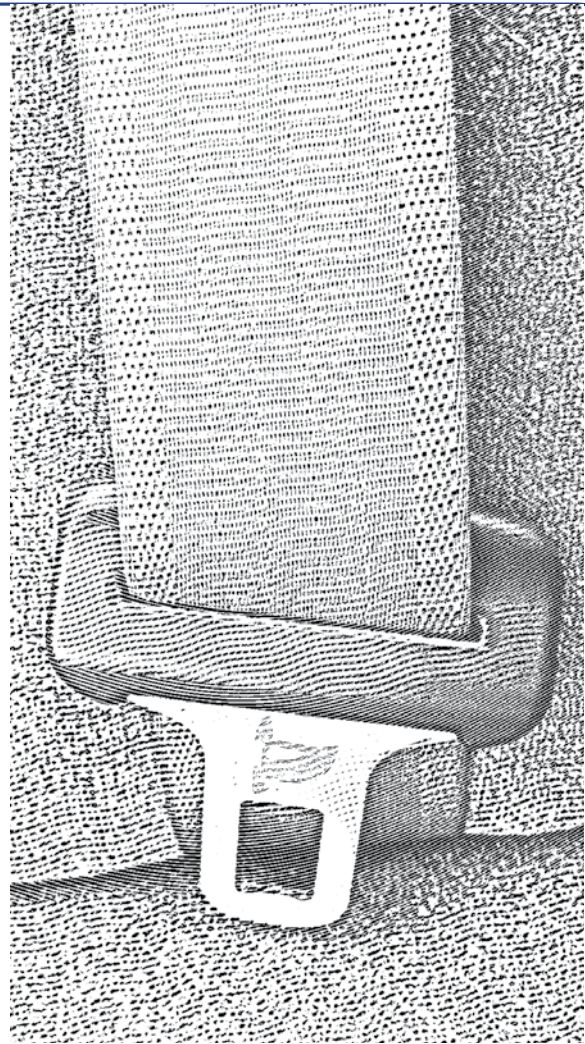


# Buckle Up Yourself!

## It Could Save Your Child's Life and Yours.

Most people know that seat belts save lives and reduce injuries. Do you know that motor vehicle crashes are still the leading cause of death for young people even though car seat and seat belt use has been increasing over the past twenty years?



NH is the only state in the country that does not have a law requiring seat belt use for those 18 years of age and older. And, our seat belt use rate is the lowest in the US.

### **An unbelted adult in a crash is:**

- 20 times more likely to be thrown from the vehicle
- going to spend 55% more in medical costs
- more likely to cause an injury to belted children in the vehicle

**Your kids are watching what you do.  
So please buckle up. Seat Belts save  
everyone's life.**



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org